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TWO HUNDRED AND SEVENTY-FIVE

WAR-TIME RECIPES

CAROLYN PUTNAM WEBBER



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# WAR-TIME RECIPES

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by

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## FOREWORD

The following chapters suggest substitutions and economies and it is their purpose to enable one to obtain results without the waste of materials in experimental attempts in the home kitchen.

Most of the recipes have been given to audiences on the slips used at demonstration lectures, but are here assembled for every day use.

The recipes are not all original but have all been tested and in many cases slightly changed to meet personal methods and tastes.

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## MEASUREMENTS

Accurate measurements are necessary to insure success.

Level measurements are always to be used.

The cup should have the half, third and quarter marked on it.

One-half spoonful should be taken lengthwise and not crosswise of the spoon.

White flour should be sifted before measured.

c — cup

tbsp — tablespoonful

tsp — teaspoonful

All bread recipes are in quantity for one loaf, all muffins for 9 to 12 muffins, and all other quantities the amount needed for the average family of four adults.

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## NOTE

In some recipes detailed instructions as to the combination of ingredients have been omitted, especially to avoid repetitions. Where directions are not given and any special order is necessary to insure success, combine in given order, reading across each line. Example : Cream Salad Dressing, page 47. Into oil, stir flour, salt, mustard, pepper and sugar. Add milk, then beaten egg and lastly, vinegar.



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## OUR PROBLEM

At this critical time our country is called upon to supply food for her men in service, including soldiers in camps, sailors in the navy and all men "over-seas" as well as the people at home. Joined in the world war, we also have a duty towards our allies and many labor and transportation problems add to the seriousness of the situation.

## OUR SOLUTION

"True economy does not consist in going without but in making the most of what one has."

Only through the most careful conservation of all food materials can we solve this problem and meet this demand.

Conservation does not mean going without the necessities but by avoiding all wastes, practicing true economy and using substitutions, study and plan so that neither children nor adults become examples of mal-nutrition. A person's best asset is a well nourished body and a nation's asset a healthy people.

As a nation we are asked to save the

WHEAT  
MEATS  
FATS  
SUGAR

We must use the foodstuffs that cannot be satisfactorily transported and release those which our ships can best carry and which can be most easily prepared in quantities.

We have not primarily a financial problem but it is our patriotic obligation and it is the housekeepers' part in the war to join a volunteer army and meet these demands, at the same time help to avoid rations or restricted diets and stabilize prices.



## RELEASE WHEAT FLOUR

---

"Urge everyone to lessen wheat consumption by at least one-third, through substitutions."—Food Administration.

Use corn, rice, oats, barley, buckwheat and mixed cereal grains. Graham and entire wheat do not lessen wheat consumption much.

The following recipes release wheat flour at least thirty per cent. In many families a larger proportion of substitution will be accepted but some wheat with its gluten content is necessary for best results in yeast breads and is legitimate as a "binder".

Barley flour may be used for part of the wheat flour measurement when a greater release of wheat is desired and thus a fifty per cent substitution gained and good results assured in these recipes following this principle.

Rice flour and white corn flour are also on the market.

---

## YEAST BREADS

### STANDARD YEAST BREAD

1 c. liquid ( $\frac{1}{2}$ c. milk and $\frac{1}{2}$ c. water or 1 c. water)	
1 tbsp. shortening	1 tsp. salt
$\frac{1}{4}$ Fleischmann yeast cake	2 tbsp. sugar or molasses
	3 c. flour

Mix liquid, shortening, molasses and salt. When this mixture is lukewarm, add yeast, dissolved in  $\frac{1}{4}$  c. lukewarm water, and lastly, the flour. Let rise to double its bulk and knead well. Shape into pan and when again double its bulk, bake 50 to 60 minutes.

### VARIATIONS

For a sweeter bread, add another tablespoonful molasses or sugar.

The quantity of flour will vary slightly with different kinds.

Add enough for stiff dough so that little more is needed when bread is handled and shaped for the pans.

The three cups of flour may be varied in following ways, all the other ingredients as in standard recipe.

#### RYE BREAD

1 c. rye flour                      2 c. white flour

#### RYE BREAD No. 2

1 c rye flour                      2 c entire wheat flour

#### CORN BREAD

1 c corn meal                      2 c white flour

#### GRAHAM BREAD

1 c. white flour                      2 c. graham flour

#### ENTIRE WHEAT BREAD

1 c. white flour                      2 c entire wheat flour

Sometimes all entire wheat flour can be used and will be liked.

#### ROMAN MEAL BREAD

1 c. Roman meal                      2 c. white flour

#### BRAN BREAD

1 c. bran                              2 c. white flour

#### LIBERTY BREADS

##### No. 1

1 c. bran                              1 c. rye  
 $\frac{1}{2}$  c. corn meal                       $\frac{1}{2}$  c. white flour

##### No. 2

1 c. ground oatmeal                      1 c. graham  
1 c. entire wheat                       $\frac{1}{2}$  c. raisins

##### No. 3

1 c. graham                              1 c. rye  
1 c. white flour                       $\frac{1}{2}$  c. walnut meats

##### No. 4

$\frac{1}{2}$  c. cornmeal                       $\frac{1}{2}$  c. graham  
2 c. entire wheat

### No. 5

1 c cream of rye  
1 c graham  
1 c white flour

### OATMEAL BREAD

Rolled oats may be put through the food chopper and a flour, in appearance like graham, will result, ready for bread, and especially good for oatmeal muffins and cookies—called in recipes ground oatmeal (measured after grinding). For bread—standard recipe with

1 c ground oatmeal                      2 c white flour

### OATMEAL BREAD No. 2

1 c rolled oats                      2 c boiling water

Pour water on oats. When cool, add

$\frac{1}{3}$  c corn meal                      1 tsp salt  
1 tbsp shortening                       $\frac{1}{4}$  c molasses  
 $\frac{1}{3}$  Fleischmann yeast cake      White flour to make dough

This will yield two small loaves or one very large loaf.

### COTTONSEED FLOUR BREAD

$\frac{1}{2}$  c cottonseed flour                      2 $\frac{1}{2}$  c white flour

### BREAD CRUMB BREAD

1 c bread crumbs, dried, ground and sifted                      2 c white flour

### CORN MUSH BREAD

1 c liquid                      1 c corn meal

Cook in double boiler 15 minutes. Cool and add

1 tbsp shortening                      1 tsp salt  
1 tbsp sugar                       $\frac{1}{2}$  c liquid  
 $\frac{1}{4}$  Fleischmann yeast cake in  $\frac{1}{4}$  c water

Let this rise, and when sponge is light add white flour to knead (about 2 c). Let rise, shape, let rise and bake.

### PRUNE AND NUT BREAD

$\frac{1}{2}$  c prunes                      1 c cold water

Soak over night and cook and stone. Add water to prune-juice to make 1 cup. When boiling add 1

cup rolled oats. After standing an hour add :

$\frac{1}{4}$ c sugar	1 tsp salt
1 tbsp shortening	$\frac{1}{4}$ Fleischmann yeast cake

Chopped prunes and entire wheat flour to knead.

Let rise, shape, put in pan. Let rise and bake.  
Add nuts if desired.

#### **POTATO BREAD**

$\frac{3}{4}$ c liquid	1 tbsp shortening
1 tsp salt	2 tbs sugar
$\frac{1}{4}$ Fleischmann yeast cake	in $\frac{1}{4}$ c lukewarm water
1 c mashed potato	2 c white flour

#### **RICE BREAD**

$\frac{1}{2}$ c rice	2 c water
1 tsp salt	Boil till rice takes up all water

Cool and add

1 c liquid	1 tbsp sugar
$\frac{1}{2}$ Fleischmann yeast cake	in $\frac{1}{4}$ c lukewarm water
1 tbsp shortening	White flour to make stiff dough

Follow general bread method.

#### **BARLEY BREAD**

$\frac{1}{2}$ c milk	$\frac{1}{2}$ c water
$\frac{1}{3}$ Fleischmann yeast cake	1 tbs sugar
$\frac{1}{2}$ tsp salt	1 c barley flour
1 tbs fat	2 c white flour

#### **BARLEY BREAD No. 2**

$\frac{1}{2}$ c milk	$\frac{1}{2}$ c water
$\frac{1}{3}$ Fleischmann yeast cake	1 tbs sugar
$\frac{1}{2}$ tsp salt	$\frac{3}{4}$ c barley flour
1 tbs fat	$1\frac{1}{2}$ c white flour

$\frac{3}{4}$  c mashed potato

#### **RICE FLOUR BREAD**

$\frac{1}{2}$ c milk	$\frac{1}{2}$ c water
$\frac{1}{3}$ Fleischmann yeast cake	1 tbs sugar
$\frac{1}{2}$ tsp salt	$\frac{3}{4}$ c rice flour
1 tbs fat	$1\frac{1}{2}$ c white flour

$\frac{3}{4}$  c mashed potato

### WHITE CORN BREAD

$\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. water
$\frac{1}{2}$ Fleischmann yeast cake	1 tbsp. sugar
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ c. white corn flour
1 tbsp. fat	$1\frac{1}{2}$ c. white flour
	$\frac{3}{4}$ c. mashed potato

### MINNESOTA BREAD

1 c corn meal	1 c cooked oatmeal
1 c mashed potato	2 c white flour
$\frac{1}{2}$ tsp salt	1 Fleischmann yeast cake in cup of warm water

Two small loaves.

### CORN YEAST ROLLS

1 c milk or water	$\frac{1}{4}$ Fleischmann yeast cake
1 tbsp shortening	1 tsp salt
1 tbsp sugar	$1\frac{1}{2}$ c white corn meal
1 egg white	About $1\frac{1}{2}$ c white flour

Mix as standard yeast bread and shape as Parker House Rolls.

NOTE.—In all yeast recipes use liquids and flours as directed and then add white flour to form a proper bread dough as the moisture in mashed potato and the flours now obtainable varies noticeably.

## QUICK BREADS

### BAKED BROWN BREAD

1 c barley flour	1 c molasses
1 c ground oatmeal	1 tsp salt
1 c cornmeal	1 tsp soda
	1 c water

Raisins may be added. Bake  $1\frac{1}{4}$  hours.

### NUT BREAD

2 c graham or barley	$1\frac{3}{4}$ c milk and water
1 c white flour	$\frac{1}{2}$ c molasses
$\frac{1}{2}$ c brown sugar	1 tsp salt
1 c chopped nuts	1 tsp soda

Best results to bake in two small loaves.

### PEANUT BUTTER BREAD

2 c barley flour	1 c milk
$\frac{3}{4}$ c peanut butter	1 tsp salt
$\frac{1}{2}$ c sugar	2 eggs
	3 tsp baking powder

Mix and bake at once.

### SOUTHERN SPOON BREAD

Scald 1 pint milk and pour over 1 cup corn meal, add  $\frac{1}{2}$  cup cooked rice. Cool. Add 2 tbsp. shortening,  $\frac{1}{2}$  tsp. salt, 2 tsp. baking powder, 2 eggs beaten separately. Bake in greased dish till brown.

### QUICK RAISIN BREAD

$2\frac{1}{3}$ c barley flour	$\frac{1}{2}$ c white corn meal
1 tsp salt	$\frac{1}{4}$ c sugar
1 egg	$1\frac{1}{4}$ c milk
2 tbsp baking powder	1 c raisins

Mix and let stand 15 minutes. Bake 50 minutes.

### CORN BREAD

1 c corn meal	$\frac{1}{4}$ c white corn syrup or sugar
1 c flour	1 egg
1 c milk	1 tbsp corn oil
1 tsp salt	1 tbsp baking powder

Bake in small loaf or shallow cake tin.

## MUFFINS AND GEMS

---

### EGGLESS MUFFINS

1 c white flour	1 c dark flour
1 c milk	1 tbsp baking powder
1 tsp salt	2 tbsp molasses or sugar
	1 tbsp melted fat

Dark flour may be (1) rye, (2) graham, (3) entire wheat, (4) ground oatmeal, (5) bran, (6) yellow corn meal, (7) white corn meal, (8) barley, (9) buckwheat, (10) corn flour, (11) rice flour.

### BRAN MUFFINS NO. 1

2 c bran	1 c flour
$\frac{1}{3}$ c AirlinE honey	$1\frac{1}{2}$ c milk
$\frac{1}{2}$ c walnut meats	$\frac{3}{4}$ tsp salt
$\frac{1}{2}$ tsp soda	1 tbsp melted fat
	2 tsp baking powder

### BRAN MUFFINS NO. 2

1 c flour	1 c bran
1 c graham	$1\frac{1}{4}$ c milk
$\frac{1}{2}$ c molasses	1 tsp soda
1 tsp salt	1 egg if desired

The egg can be omitted and 2 cups of bran may be used instead of one of bran and one of graham.

### DATE MUFFINS

$\frac{1}{2}$ c barley flour	$\frac{1}{2}$ c ground oatmeal
2 tbsp molasses	1 c white flour
1 tbsp baking powder	$\frac{1}{2}$ tsp salt
1 egg	$\frac{1}{2}$ c chopped dates
	1 c milk

### OATMEAL MUFFINS

1 c cooked oatmeal	1 egg
$1\frac{1}{2}$ c flour	$\frac{1}{2}$ c milk
2 tbsp sugar	1 tbsp shortening
1 tbsp baking powder	$\frac{1}{2}$ tsp salt

### RICE MUFFINS

1 c corn meal	1 egg
1 c cooked rice	$\frac{3}{4}$ tsp salt
1 c flour	$1\frac{1}{4}$ c milk
2 tbsp cooking oil	$\frac{1}{4}$ c AirlinE honey
	$1\frac{1}{2}$ tbsp baking powder

### SPIDER CORN BREAD

1 egg	$\frac{1}{2}$ c water
$\frac{1}{2}$ c milk	1 c corn meal
$\frac{1}{3}$ c white flour	1 tbsp shortening
1 tsp salt	2 tsp baking powder

Mix and turn into greased pan. Pour over it  $\frac{3}{4}$  c. more milk but do not stir. Bake 25 minutes in hot oven. Cut in triangles or squares. Creamy custard mixture should be in the bread. Heavy spider is often used.

### COMBINATION MUFFINS

Follow the eggless muffin recipe in this chapter and use combinations for the 1 c. dark flour.

### SUGGESTIONS

No. 1. $\frac{1}{2}$ c graham	$\frac{1}{2}$ c barley
No. 2. $\frac{1}{2}$ c barley	$\frac{1}{2}$ c ground oatmeal
No. 3. $\frac{1}{2}$ c corn meal	$\frac{1}{2}$ c graham

An egg may be added and a scant measure of milk used to make a richer muffin.

### HOMINY DROP GEM

1 c cooked hominy (or rice)	1 egg
$\frac{1}{2}$ c milk	2 tbsp cooking oil
2 tsp baking powder	Flour as needed
	$\frac{1}{2}$ tsp salt

Beat egg separately. Combine all ingredients and bake as drop cookies.

### MAPLE SYRUP CAKES

$\frac{1}{3}$ c shortening	1 c maple syrup
1 egg	$\frac{1}{2}$ c hot water
1 tsp soda	$\frac{1}{2}$ tsp salt
	2 c flour

Bake in shallow pan. Cut and serve hot with butter. Half dark flour, graham, barley or entire wheat may be used.



### POTATO BUNS

- |                        |                                     |
|------------------------|-------------------------------------|
| 2 c barley flour       | 2 tbsp shortening                   |
| 1 c white flour        | $\frac{1}{2}$ c mashed sweet potato |
| 3 tbsp baking powder   | $\frac{1}{2}$ c seeded raisins      |
| $\frac{1}{2}$ tsp salt | Milk to make a stiff dough          |

Mold into buns. Brush over with milk.

### OATMEAL BUNS

- |                    |                        |
|--------------------|------------------------|
| 1 c ground oatmeal | 1 tbsp sugar           |
| 1 c white flour    | 2 tsp baking powder    |
| 1 tbsp shortening  | $\frac{1}{2}$ tsp salt |
- Milk to make a stiff dough

Stir melted fat into milk. Combine with dry ingredients. Turn dough onto floured board and shape into buns. Sprinkle sugar and cinnamon on top.

### FRUIT CORN MUFFINS

- |                     |                       |
|---------------------|-----------------------|
| 1 c white corn meal | 1 c barley            |
| 1 egg               | 1 tbsp baking powder  |
| 1 tsp salt          | $1\frac{1}{4}$ c milk |
| 1 tbsp shortening   | 2 tbsp sugar          |
- $\frac{1}{2}$  c chopped dates or raisins

### CORN TOAST

- |                      |                   |
|----------------------|-------------------|
| 2 c corn meal        | 1 tbsp fat        |
| 2 tbsp baking powder | 2 c milk          |
| 1 tsp salt           | 1 tbsp corn syrup |

Bake in shallow pan, split, toast and butter.

### POTATO CORN MUFFINS

- |               |                                |
|---------------|--------------------------------|
| 1 c corn meal | 1 c mashed potato              |
| 2 tbsp sugar  | 1 tbsp baking powder           |
| 1 egg         | $\frac{1}{2}$ tsp salt         |
| 1 c milk      | 1 tbsp shortening may be added |

NOTE.—Various Wheatless muffins may be made from eggless muffin recipe by adding one egg  $\frac{1}{2}$  tsp more baking powder, all dark flour and  $\frac{1}{8}$  c more milk Bake as muffins or loaf.

- |                  |                                   |
|------------------|-----------------------------------|
| 2 c barley flour | $1\frac{1}{4}$ c milk             |
| 2 tsp salt       | $1\frac{1}{2}$ tbsp baking powder |
| 1 tbsp molasses  | 1 tbsp fat                        |
|                  | 1 egg                             |

## GRIDDLE CAKES AND WAFFLES

---

### CORN GRIDDLE CAKES

$\frac{1}{2}$ c corn meal	$1\frac{1}{2}$ c boiling water
1 egg	$\frac{1}{3}$ c sugar
1 c flour	1 c graham
1 tsp salt	1 tbs melted shortening
$1\frac{1}{4}$ c milk	4 tsp baking powder

Mix the corn meal with the water and boil for 5 minutes. Add all other ingredients and cook as other griddle cakes.

### CRUMB GRIDDLE CAKES

$\frac{3}{4}$ c bread crumbs	1 egg
1 c milk	$\frac{1}{2}$ tsp salt
1 tsp baking powder	About $\frac{1}{2}$ c flour

Best results to soak crumbs and milk and heat them, then put through coarse sieve and add other ingredients.

### CORN MEAL MUSH

2 c corn meal	2 c milk
1 tsp salt	1 tbs flour
	4 c. water

Mix cold milk, salt and flour with meal and stir gradually into boiling water. Boil 30 minutes. Pack into dish to cool and cut in thin slices and saute or fry in drippings.

### CORN MEAL MUSH WITH CHEESE

Cut the mush, sprinkle with grated cheese and brown in hot oven or gas broiler.

### GRAHAM SQUARES

1 c graham	1 c barley flour
1 c milk	2 tsp baking powder
tsp salt	$\frac{1}{3}$ c sugar or syrup
$\frac{1}{2}$	1 tbsp shortening

Bake this muffin mixture in a thin sheet and cut in serving squares. Oatmeal Muffin mixture can be used in the same way. Serve in place of griddle cakes with syrup.

### RICE CRISPS

Pack cool left over steamed or boiled rice into a tin to form a thin sheet and when cold brush over with melted fat and toast in broiler oven of gas range or heat in baking oven. Serve with syrup.

### RICE WAFFLES

1 c flour	$\frac{7}{8}$ c milk
$\frac{1}{2}$ c boiled rice	$\frac{1}{4}$ tsp salt
1 egg	1 tsp baking powder

Cook on waffle iron.

### CORN DODGERS

2 c corn meal	1 tbsp fat
1 tsp salt	$1\frac{3}{4}$ c boiling water

Pour water over other ingredients. Beat well and cool. Form into 14 rather thin cakes and bake 25 minutes in hot oven. Serve with gravy or butter.

## BISCUITS AND POP-OVERS

---

### OATMEAL BAKING-POWDER BISCUITS

1 c white flour	1 c ground oatmeal
4 tsp baking powder	1 tsp salt
1 tbs shortening	Liquid to make a dough

Mix, roll out lightly, cut and bake in hot oven.

### GRAHAM BISCUITS

In above use 1 c. graham instead of oatmeal.

### ENTIRE WHEAT BISCUITS

½ c white flour	1½ c entire wheat flour
4 tsp baking powder	1 tsp salt
1 tbs shortening	Liquid to make a dough

### POP-OVERS

1 egg	1 c milk
1 c white flour	½ tsp salt

Beat egg, add milk, then flour. Beat well with egg-beater. Bake 35 minutes in oven hot at first, then moderate.

### VARIATIONS

One cup white flour may be changed to make

- No. 1. ⅝ c sifted graham ⅜ c white flour
- No. 2. ⅝ c ground and sifted oatmeal ⅜ c white flour
- No. 3. ½ c sifted barley flour ½ c white flour

### BARLEY SCONES

1 c white flour	1 c barley flour
2 tbs shortening	½ tsp salt
½ tsp soda	2 tsp baking powder

¾ to 1 c sour cream or milk

Turn on floured board. Handle as baking powder biscuit. Cut in diamond shapes, Brush over with sweet milk, bake in quick oven. Split, and spread with jam or marmalade.

## COOKIES

### CORNSTARCH COOKIES

$\frac{1}{4}$ c shortening	$\frac{1}{2}$ c brown or white sugar
$\frac{1}{4}$ c corn syrup	$\frac{1}{4}$ tsp nutmeg
$\frac{1}{4}$ tsp ginger	$\frac{1}{4}$ tsp cinnamon
$\frac{1}{4}$ tsp salt	$\frac{1}{4}$ c milk
1 tsp baking powder	$\frac{1}{4}$ c cornstarch

About  $1\frac{1}{2}$  c flour

Barley or graham flour may be used. Fruit or nuts may be added. Drop Cookies.

### BRAN COOKIES

2 c bran	2 tbsp sugar	
1 c white flour	$\frac{1}{2}$ c molasses	
1 c milk	1 c raisins	
1 tsp soda	1 tsp salt	1 egg

Mix, drop from spoon and bake. Egg may be omitted and ground oatmeal substituted for bran.

### GINGER CORN COOKIES

$\frac{1}{2}$ c fat	$\frac{1}{2}$ c molasses
1 tsp salt	$1\frac{1}{2}$ tsp ginger
$1\frac{1}{2}$ tsp soda in	$\frac{1}{4}$ c water
$\frac{3}{4}$ c corn meal	White flour to make dough

Mix and roll thinly. Cut and bake.

### HONEY NUT SQUARES

$\frac{1}{2}$ c sugar	$\frac{1}{4}$ tsp cinnamon
2 yolks	$\frac{1}{8}$ tsp clove
$\frac{3}{8}$ c honey	$1\frac{1}{2}$ c flour
	$\frac{1}{4}$ c nut meat

Mix, roll out thin. Mark into squares and bake in a moderate oven. Part dark flour may be used.

### PEANUT COOKIES

1 egg	$\frac{1}{4}$ c milk
$\frac{1}{4}$ tsp salt	1 tbsp shortening
1 tsp baking powder	$\frac{1}{2}$ c chopped peanuts
$\frac{1}{4}$ c sugar	Flour to make stiff batter

Mix Drop from teaspoon. Makes 24 cookies.

### THICK MOLASSES COOKIES

$\frac{3}{4}$ c molasses	$\frac{3}{4}$ c sugar
$\frac{3}{4}$ c shortening	1 tbsp ginger
$\frac{3}{4}$ c boiling water	1 tsp salt
1 tbsp soda	Barley flour to roll

Mix and cut  $\frac{1}{3}$  in. thick.

### ROLLED FRUIT COOKIES

$\frac{1}{2}$ c ground oatmeal	1 c flour
$\frac{1}{2}$ tsp salt	1 tbsp sugar
2 tbsp fat	2 tsp baking powder
4 chopped figs or $\frac{1}{2}$ c raisins	Milk to make stiff dough

### PEANUT BUTTER COOKIES

$\frac{1}{3}$ c peanut butter	$\frac{1}{2}$ c sugar
1 egg	$\frac{1}{3}$ tsp soda
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{4}$ tsp salt
1 c barley flour	1 tbsp water

Roll thin, adding flour as needed,

### OATMEAL MACAROONS

2 eggs	2 $\frac{1}{2}$ c raw rolled oats
$\frac{2}{3}$ c sugar	1 tsp salt
2 tbsp fat	1 tsp baking powder

Mix and drop thin on greased pans. Bake 5 ms.

### MOLASSES COOKIES

1 c molasses	$\frac{1}{2}$ c shortening
3 $\frac{1}{4}$ c barley or oat flour	$\frac{3}{4}$ tsp soda
2 tsp ginger	1 tsp salt

Warm molasses and melted shortening, add other ingredients. Roll thin, cut and bake.

### HONEY DROP CAKES

$\frac{3}{4}$ c honey	1 $\frac{1}{2}$ to 2 c flour (entire wheat)
$\frac{1}{4}$ c oleo	$\frac{1}{2}$ tsp soda
$\frac{1}{2}$ tsp cinnamon	2 tbsp water
$\frac{1}{8}$ tsp clove	$\frac{3}{4}$ c raisins
1 egg	3 chopped figs if desired

Heat honey and oleo till melted. Cool a little. Add flour for stiff dough and bake as drop cookies.

## PUDDINGS

For four servings use half these pudding recipes or in each case the mixture is practical for a second dessert if re-heated and thus conserves fuel.

### NEWTON TAPIOCA

5 tbsp pearl tapioca	$\frac{3}{4}$ c molasses
5 c milk	3 tbsp fat
$\frac{1}{4}$ c Indian meal	$1\frac{1}{2}$ tsp salt

Soak tapioca over night in water to cover. Scald 4 c milk. Pour on meal. Cook with molasses in double boiler till it thickens. Add last cup of milk without stirring. Bake slowly for at least  $1\frac{1}{2}$  hours.

### STEAMED GRAHAM PUDDING

2 c flour	1 c graham
1 heaping tsp soda	$\frac{1}{2}$ tsp salt
1 c milk	$\frac{1}{2}$ c molasses
$\frac{1}{2}$ c raisins	Spice if desired

Mix and steam two hours. Serve with liquid pudding sauce.

### DATE PUDDING

1 c flour	1 c entire wheat flour
2 tsp baking powder	2 tbsp sugar
1 tbsp shortening	1 egg
1 c. dates	$\frac{3}{4}$ c milk

Stone and cut dates. Use  $\frac{1}{2}$  cup figs or raisins if desired. Bake in muffin tins. Serve with liquid sauce. Half barley flour may be used.

### FIG PUDDING

2 c bread crumbs	4 c milk
2 yolks or	1 whole egg
$\frac{1}{3}$ c corn or maple syrup or	$\frac{1}{2}$ c sugar
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{2}$ c figs
$\frac{1}{2}$ c raisins	$\frac{1}{4}$ tsp nutmeg
	1 tbsp cooking oil

Bake slowly If yolks are used a meringue of the whites and jelly may be used on top.

### BAKED RICE PUDDING

1 qt. milk	2 c boiled rice
$\frac{3}{4}$ c syrup	$\frac{1}{2}$ c raisins
$\frac{1}{4}$ tsp salt	$\frac{1}{4}$ tsp cinnamon
$\frac{1}{8}$ tsp nutmeg	2 eggs

Cook in double boiler till thick. Bake till browned.

### POP CORN PUDDING

2 c ground pop corn	$\frac{1}{2}$ c corn syrup
3 c milk	1 tbsp corn oil
$\frac{1}{2}$ tsp salt	2 eggs

Scald milk, pour over corn and let stand for half hour. Combine all and bake in moderate oven, stirring occasionally till the last ten minutes. Brown. Serve with liquid sauce if desired.

### PLUM PUDDING

1 c bread crumbs	1 tsp salt
2 c rye flour	1 c chopped suet
4 tsp baking powder	1 c raisins
1 c molasses	1 c chopped apple
1 tsp cinnamon	$\frac{1}{4}$ tsp clove
1 c milk	$\frac{1}{4}$ tsp allspice

Mix and steam two and one half hours. Other dark flours may be used instead of rye.

### SHORTCAKE WITH CANNED FRUIT

1 c white flour	1 c dark flour
$\frac{1}{2}$ tsp salt	4 tsp baking powder
2 tbsp shortening	1 tbsp sugar
	About 1 c milk

Dark flour may be entire wheat, graham, ground oat meal or barley. Use canned fruit. Thicken syrup with one teaspoonful arrowroot to each cup for sauce.

### CORN PUDDING

1 c corn	1 c milk
2 eggs	1 tbsp butter substitute
2 tbsp flour	$\frac{1}{2}$ tsp salt

Mix flour with small quantity of milk. Combine all and cook in greased baking dish until firm.



### OATMEAL PUDDING

2 c cooked oatmeal	4 sliced apples
$\frac{1}{2}$ c molasses	$\frac{1}{2}$ tsp cinnamon
$\frac{1}{2}$ c raisins	$\frac{1}{4}$ tsp salt

Mix and bake 30 ms. Chopped nuts may be used in place of the apples.

### STEAMED CARROT PUDDING

1 c chopped raw carrots	1 c raisins
1 c bread crumbs	$\frac{1}{2}$ c flour
1 c beef suet	1 tsp ginger
1 $\frac{1}{2}$ tsp salt	2 tsp cinnamon
$\frac{3}{4}$ c sugar	1 tbsp lemon juice
$\frac{1}{2}$ tsp nutmeg	2 tsp baking powder

Mix and add just water enough for stiff pudding batter. Steam 3 hours in one mold or 2 hours in small molds.

### FRUIT BROWN BETTY

2 c chopped apple	1 $\frac{1}{2}$ c bread crumbs
$\frac{1}{4}$ c sugar	1 tbsp butter substitute
$\frac{1}{2}$ tsp cinnamon	Juice and grated rind $\frac{1}{2}$ lemon

Put layer of crumbs in greased dish, then layer of apple and seasoning, and alternate. Bake 30 ms covered and 15 ms uncovered. Serve with sauce or cream. Prunes and rhubarb may be used in place of apple.

### APPLE PUDDING

Mix baking powder biscuit mixture using 1 c ground oatmeal and 1 c flour. Add 1 c thinly sliced apple and 3 tbsp sugar or 2 tbsp honey. Bake in squares or triangles and serve with sweet sauce. Other fruits may be used. Canned cherries are especially good.

Other puddings, also releasing sugar, and using small amounts of flour, in Chapter 21.

## RELEASE MEATS ESPECIALLY BEEF AND PORK

### INEXPENSIVE MEATS

OUR PROBLEM: use less meat.

SUBSTITUTES: fish, eggs, milk, soups, cereals, cheese, peas, beans, nuts and some fruits.

When substitutes are used, study to balance the dish if possible, always the menu.

#### BEEF LOAF

1 lb hamburger	1 c bread crumbs	
1 c milk	Onion juice	
1 tsp salt	Pepper	Grating nutmeg

Bake in bread pan or individual cups.

#### DUTCH STEW

1½ lbs bottom of round	½ c pearl tapioca
4 tomatoes or ½ can	1 onion
1 c peas	1 or 2 carrots
1 tsp salt	Pepper
3 c water	Bake 4 hours in casserole dish

#### IRISH STEW

One pound mutton chuck. Wipe and cut and cover with cold water. Cook 1 hour. Add ¼ cup each carrot, turnip, onion and cook ½ hour longer. Add sliced potatoes, salt to taste and dumplings. After dumplings cook 10 to 12 ms, stew. Stew may be thickened if desired.

#### DUMPLINGS

1 c flour	½ c milk
2 tsp baking powder	½ tsp salt

#### MACARONI WITH CHICKEN

1 c macaroni	1 c chopped chicken	
⅛ tsp pepper	1 tsp salt	
½ solid tomato	Onion juice	2 tbsp drippings

Cook macaroni. Arrange materials in layers in baking dish with crumbs for top layer. Flaked fish may be used instead of the chicken.

### AMERICAN CHOP SUEY

1 c tomato sauce  
2 c boiled spaghetti

1 lb hamburger  
Seasonings

Put cooked spaghetti, sauce and meat into hot, greased frying-pan. Stir and cook till meat is ready to serve. Season with salt, pepper, Worcestershire Sauce, celery salt parsley, or Tabasco Sauce.

### BAKED RICE AND MEAT

1 c rice  
1 tsp salt

4 c water  
1 onion

2 tbsp ketchup

Cook in double boiler till rice takes up liquid.

2 tbsp fat  
1 c water

2 tbsp flour  
Make sauce

Add rice and  $\frac{1}{2}$  pound hamburger steak (uncooked). Mix all and bake 20 minutes.

### ITALIAN HASH

Place a layer of cooked macaroni in greased baking dish, line sides also with macaroni. Fill the centre with chopped and seasoned left over meat. Spread layer of cracker crumbs over top. Thoroughly heat and brown in hot oven.

### DRIED BEEF WITH HOMINY

1 tsp fat  
1 c milk  
1 tsp salt  
 $\frac{1}{2}$  c dried beef

1 tbsp flour  
2 potatoes cubed  
 $\frac{1}{2}$  c carrot cubes  
2 c cooked hominy

Add all to the cream sauce made from first three ingredients. Bake 30 ms.

### HUNGARIAN GOULASH

1 lb round of beef  
1 c tomato  
1 pt water  
1 c carrot cubes

1 oz salt pork  
1 small onion  
1 c potato cubes

$1\frac{1}{2}$  tbsp flour

Salt and pepper

Fry out salt pork. Add onion, meat cut in small pieces and seasoning. Add the water and carrot and cook in casserole until meat is tender. Thicken, add cooked potato cubes and tomato.

## FISH COOKERY

### MOULDED FISH

1 c flaked fish	1 c bread crumbs
1 c milk	1 egg
1 tsp salt	Pepper
Chopped parsley	1 tsp lemon

### PLANKED FISH

Bone and split a haddock or cod, leaving meat in two fillets. Place on buttered plank with skin down and glaze with melted butter. Season and broil until slightly browned. Reduce the heat to thoroughly cook. Serve with potato border, lemon and vegetable garnish.

### PANNED FISH

Roll pieces of fish in corn meal. Brown both sides quickly in pork scraps, drippings or cooking oil. Cover the dish and place in moderate oven for 15 minutes or till well-cooked. Serve with tomato cream sauce.

2 tbsp fat	2 tbsp flour
$\frac{1}{2}$ c milk	$\frac{1}{2}$ c tomato liquor
$\frac{1}{2}$ tsp salt	Speck soda

### CREAMED FISH a la MODE

2 tbsp cooking oil	2 tbsp flour
$\frac{1}{2}$ tsp salt	1 c milk
1 c flaked fish	Pepper

Prepare cream sauce add fish and place in baking dish. Brown in oven.

### SALT FISH CHOWDER

1 c flaked fish	2 c sliced potato
1 onion	6 crackers
Pepper	1 pt milk

Arrange all except milk in baking dish and almost cover with hot water. Bake about 20 minutes. Add milk, thickened with 2 tsbp. flour and serve.

### SPANISH CODFISH

3 tbsp cooking oil	4 tbsp flour
1½ c tomato liquor	½ c milk
1½ c codfish	2 tsp chopped parsley
½ chopped onion	⅛ tsp pepper

Freshen the codfish in cold water, Make the tomato, cream sauce and put all in double boiler, Simmer 20 minutes and serve on hot toast.

### BAKED WHITING FISH

Soak fish in milk 1 hour, season thoroughly and bake in same milk. Thin tomato sauce may be used instead of milk.

### COD ROLL

Skin and bone a small cod. Mix half cup bread crumbs, two tbsp of melted butter, onion juice, parsley, two tbsp of water, salt, and pepper. Spread on the fillets, roll them up and tie them. Bake.

### EPICUREAN FINNAN HADDIE

Soak finnan haddie one hour in milk to cover. Bake thirty minutes and flake it; there should be two cups. Cook shallot or onion, pepper, one teaspoon salt, paprika, four tablespoons butter, four tablespoons flour, two cups milk. Add fish and serve on toast.

### TUNA LOAF

1 c bread crumbs	1 egg
Onion juice	Salt and pepper
1 can tuna	1 c milk

Flake the fish. Mix all ingredients and pack firmly into buttered tin and bake twenty to twenty-five minutes. Serve with egg or drawn butter sauce.

## BAKED FISH A LA CARLETON

Split and bone a fish, and place on well-greased sheet. Cream  $\frac{1}{4}$  c fat, one yolk, two tablespoons each chopped onions, and pickles, lemon, salt, pepper and parsley. Sprinkle fish with mixture and bake. Garnish and serve.

## OYSTER PIE

40 oysters	$\frac{1}{2}$ tbsp chopped onion
2 hard cooked eggs	2 c oyster liquor and water
$\frac{1}{2}$ tsp salt	3 tbsp flour
Pepper	2 tbsp cooking oil
$\frac{1}{2}$ tsp parsley	Grating nutmeg

Heat oysters in their own liquor. Strain. Arrange creamed oysters in baking dish with baking powder biscuit crust and bake.

## CRAB SOUFFLE

2 tbsp fat	3 tbsp flour
$\frac{3}{4}$ c milk	$\frac{1}{2}$ tsp salt
1 c crab meat	Pepper
2 yolks	2 whites

Mix sauce. Add fish and eggs. Bake 25 minutes.

## HALIBUT STEAK WITH TOMATO

2 lbs. halibut cut in thick slice	
4 tomatoes — fresh or canned	1 tsp salt
1 tbsp chopped onion	2 tbsp flour
2 tbsp fat	1 c tomato liquor, or water

Remove bone and skin from fish. Place in greased baking dish, with solid tomatoes on top. Thicken liquor, pour around fish and bake 30 minutes.

## JELLIED FISH

1 tbsp Knox gelatine	$\frac{1}{4}$ c cold water
1 c boiling water	2 tbsp lemon juice
$1\frac{1}{2}$ c flaked cooked fish	Onion juice
2 tbsp chopped peppers	Spk paprika
3 hard boiled eggs	$\frac{1}{2}$ tsp salt

Place sliced eggs in bottom of mold. Prepare gelatine as usual. Add to other ingredients, pour into mold and chill. Serve with lettuce and salad dressing.

## EGG COOKERY

---

Eggs and milk must be used more as meat recipes are decreased. Use eggs as main dish of the meal and by combinations make the eggs "spend" as far as possible.

### BREAD OMELET

3 eggs	$\frac{1}{2}$ c milk
$\frac{1}{2}$ c bread crumbs	$\frac{1}{2}$ tsp salt
Pepper	1 tbsp butter

Beat the eggs separately and cook as plain omelet. The crumbs should not be too dry or with too much crust to give the best results but with this recipe the eggs spend to better advantage.

### CHEESE OMELET

3 eggs	$\frac{1}{2}$ c milk
$\frac{1}{4}$ tsp salt	$\frac{1}{2}$ c bread crumbs
Pepper	2 tbsp grated cheese
	1 tbsp drippings

### BAKED EGG AU GRATIN

Place in baking cups, layer of seasoned, moistened, crumbs to which minced fish or meat may be added. Next add half a hard-cooked egg,  $\frac{1}{4}$  c milk sauce and lastly layer of buttered crumbs. Cooked spinach may be used for the first layer when desired.

### CREAMED EGGS WITH HOMINY

2 tbsp fat	2 tbsp flour
1 tsp salt	1 c milk
3 yolks	3 whites
	2 c boiled hominy

Follow sauce rule then add eggs and hominy. Rice or samp may be used. This is instead of serving on toast or with toast for the meal.

### RICE OMELET

1 c boiled rice  
3 eggs  
Pepper

$\frac{1}{2}$  c milk  
 $\frac{1}{2}$  tsp salt  
1 tbsp fat

### CORN OMELET

In above use 1 c canned corn, free from liquid in place of rice.

### CORN AND EGG SOUFFLE

$\frac{1}{2}$  c white corn meal  
2 c milk

1 tsp salt  
1 tbsp butter substitute

Cook in double boiler to mush consistency. Remove, cool and add

3 egg yolks  
Dash paprika

3 stiff egg whites  
2 tbsp grated cheese

Bake in greased dish set in pan of hot water for 30 ms.

### RICE AND EGG SOUFFLE

To above recipe add  $\frac{1}{2}$  c cooked rice.



## CHEESE DISHES

---

### NUT AND CHEESE LOAF

1 c cheese	1 c chopped nuts
1 c bread crumbs	1 tbsp drippings
Juice $\frac{1}{2}$ lemon	2 tbsp chopped onion
Pepper	$\frac{1}{2}$ tsp salt

Cook onion in water till tender, then moisten loaf with this liquid as needed. Bake in greased baking dish.

### MACARONI RAREBIT

$\frac{1}{2}$ lb. cheese	1 tbsp butter
1 egg	1 tsp mustard
1 tsp salt	Pepper
$\frac{1}{2}$ c milk	1 c cooked macaroni

Cook over water. Serve on toast or crackers.

### MEXICAN RAREBIT

To above add  $\frac{3}{4}$  c corn instead of macaroni and use tomato liquor instead of milk.

### CHEESE FONDU

1 c bread crumbs	2 eggs
1 c milk	1 tbsp cooking oil
Pepper	$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ c cheese	1 tbsp ketchup

Mix and bake 20 minutes in greased baking dish.

### CHEESE TOAST

1 c milk	1 c bread crumbs
1 egg	$\frac{3}{4}$ c cheese
$\frac{1}{2}$ tsp salt	Pepper
	$\frac{1}{2}$ tsp mustard

Add in given order. Cook till well blended in double boiler. Spread on crackers and serve.

### CORN AND CHEESE SOUFFLE

2 tbsp cooking oil	4 tbsp flour
2 c milk	$\frac{1}{2}$ tsp salt
1 tbsp ketchup	1 c corn
$\frac{1}{2}$ c cheese cut in small pieces	2 egg yolks
	2 egg whites

Make a white sauce of first four ingredients. Combine all and bake 30 ms.

### BAKED CHEESE FONDU

1 c bread crumbs	1 c milk
1 c cheese cut in small pieces	2 egg yolks
$\frac{1}{2}$ tsp salt	1 tsp shortening
	2 egg whites

Mix in given order and bake 20 ms.

### BOILED CHEESE FONDU

1 c bread crumbs	1 c milk
1 c cheese cut in small pieces	1 tbsp cooking oil
	1 egg

Mix in double boiler and cook until cheese is melted and mixture blended. Serve on toasted crackers.

### TOMATO RAREBIT

2 tbsp fat	$\frac{1}{2}$ lb cheese
1 egg	$\frac{3}{4}$ c tomato
$\frac{1}{2}$ tsp salt	1 tsp mustard
	Speck Cayenne

Melt cheese and fat in double boiler. To beaten egg add tomato and seasonings. Combine and cook until mixture is thick and creamy.

## BEANS AND PEAS AS STAPLES

---

### PIMENTO ROAST

- |                               |                   |
|-------------------------------|-------------------|
| 2 c beans                     | 2 canned pimentos |
| $\frac{1}{4}$ lb cream cheese | 1 c bread crumbs  |
| 1 tbsp drippings              | Water to moisten  |

Lima, baked or soy beans may be used. Cottage cheese also substituted for cream cheese.

### SOY BEAN CUTLETS

- 1 c soy beans — Cook till soft

Put through chopper and add

- |                        |                                        |
|------------------------|----------------------------------------|
| 1 small onion, chopped | Pepper                                 |
| 1 tsp salt             | 1 c bread crumbs                       |
| 1 tbsp ketchup         | $\frac{1}{2}$ tsp Worcestershire sauce |

Mix and roll in crumbs and saute. Vary the measure of crumbs according to their dryness.

### PRESSED BEANS AND SAUSAGE

- |             |                           |
|-------------|---------------------------|
| 1 pt. beans | $\frac{1}{2}$ lb. sausage |
|-------------|---------------------------|

Soak, parboil and bake the beans with ordinary seasoning. Mould with the cooked, chopped sausages and press under weight. Turn out and slice, serving with beets, celery or tomatoes.

### BAKED BEAN RAREBIT

- |                      |                                             |
|----------------------|---------------------------------------------|
| $\frac{1}{2}$ c milk | $\frac{1}{2}$ c bean puree (baked beans)    |
|                      | 1 tbsp butter                               |
| 1 or 2 eggs          | $\frac{3}{4}$ c cheese (not solidly packed) |
|                      | $\frac{1}{2}$ tsp salt                      |

Add pepper and tomato ketchup to season if desired. Serve on toast.

## SOUPS

---

### BAKED BEAN SOUP

1 c baked beans	3 c water
1 slice onion, chopped	1 tsp salt
1 c tomato	Pepper
1 tbsp cornstarch	1 tbsp fat

Put beans through food chopper. Melt fat, add cornstarch, water, beans, tomato, then season.

### BEAN SAUSAGES

One-fourth cup lima beans. Soak over night and cook till soft. Force through coarse sieve or food chopper. Add  $\frac{1}{2}$  c bread crumbs,  $\frac{1}{4}$  tsp salt,  $\frac{1}{4}$  tsp sage, speck pepper and 2 tbsp drippings. Shape, roll in more dry crumbs and bake in greased pan.

### SPLIT PEA SOUP

1 c split peas. Soak over night and drain. Simmer with 2 qts water till soft. Press through sieve and add stock and water to make of consistency of thin cream.

1 tbsp flour	1 tbsp fat
1 tsp salt	Onion juice
	Vegetable puree and liquid

### DRID PEAS WITH RICE

1 c dried peas	1 c tomato
$\frac{3}{4}$ c rice	2 tsp salt
3 onions	Speck pepper

Soak peas in 2 qts water over night. Cook in this water until tender. Add other ingredients and cook 20 ms longer.

### LENTIL SOUP

Prepare as Split Pea soup substituting lentils for peas.

## FRUITS AND NUTS

---

### RAISIN FRUIT SALAD

3 bananas	$\frac{1}{2}$ c raisins
3 oranges	$\frac{1}{4}$ c walnuts
8 or 10 marshmallows	Juice of $\frac{1}{2}$ lemon
	Lettuce leaves

Serve with Mayonnaise or Cream Dressing.

### BANANA AND NUT SALAD

Place equal parts nut meats and chopped celery over half banana on lettuce bed. Serve with French or Cream Dressing.

### BAKED BANANAS

Slice eight bananas lengthwise. Bake with dots of butter and serve with

1 c sugar	1 c water
$\frac{1}{2}$ c raisins	1 tbsps Kingsford corn starch

### NUT AND RICE LOAF

1 c cooked rice	1 c chopped peanuts
1 c milk sauce	1 tsp salt
1 tsp parsley	1 c bread crumbs
2 eggs	Dash of nutmeg

Bake and serve with cheese or tomato sauce.

### VEGETABLE NUT LOAF

2 tbsps Knox gelatine	$\frac{1}{2}$ c cold milk
$1\frac{1}{2}$ c hot milk	1 c cooked rice
$\frac{1}{2}$ c bread crumbs	1 c chopped peanuts
$\frac{1}{2}$ tsp salt	1 egg

Soak gelatine in cold milk, dissolve in  $\frac{1}{2}$  c hot milk. Cook other ingredients 15 ms in double boiler. Combine all and mold. Serve with water cress or lettuce.

### SALMON WITH PEANUTS

1 c white sauce  
 $\frac{1}{2}$  c peanuts

1 small can salmon  
Cracker crumbs

In greased baking dish place layers as follows: crumbs, peanuts, sauce with salmon, peanuts and crumbs. A mixture of bread and cracker crumbs may be used but all bread crumbs are more soggy. Bake till brown in moderate oven. Season white sauce well and add 2 tbsp fat to top crumbs.

### JELLIED PRUNES

$\frac{1}{3}$  lb prunes  
1 envelope Knox gelatine  
1 tbsp lemon juice or

2 c cold water  
 $\frac{3}{4}$  c brown sugar  
 $\frac{1}{2}$  c left over fruit juice

Wash and soak prunes several hrs in the cold water. Cook in same water until soft. Stone and cut fruit in quarters. To prune water add enough hot water to make 2 c combine all ingredients and chill. Serve with or without custard sauce.

### HONEYED APPLES WITH RAISINS

4 large apples  
2 tbsp tapioca  
 $\frac{1}{2}$  tsp salt

$\frac{1}{2}$  c raisins  
2 c water  
4 tbsp AirlinE honey

Pare and core apples. Fill centers with  $\frac{1}{2}$  the raisins and  $\frac{1}{2}$  the honey. While these are baking cook remaining ingredients in double boiler until tapioca is clear. Pour over apples and serve with top milk.

### FRUIT SOUFFLE

2 tbsp fat  
Boil and add  $\frac{1}{2}$  c flour  
Cool slightly. Add

2 yolks  
2 tbsp sugar

$\frac{1}{2}$  c water  
2 whites  
 $\frac{1}{2}$  c milk

Pour over layer of fruit. Bake 25 to 30 minutes.

### APPLES AND RAISINS

Core and pare 6 apples. Add to centre of each 6 chopped raisins and speck of salt and cinnamon. Bake with 1 c water and  $\frac{1}{4}$  c honey. Skin need not be removed. An attractive dish if skin is cut into eight sections and every other section removed.

### FRUIT COMPOTE

4 oranges  
2 bananas  
2 slices pineapple

$\frac{1}{4}$  c pineapple syrup  
Cherry to garnish  
Grapes if desired

Serve in dainty glasses, having chilled fruit, after cutting, except bananas.

### DRIED APPLE SAUCE

1 lb dried apples  
 $\frac{1}{2}$  c raisins  
Sugar

Wash and soak apples for 24 hours. Drain off water and measure. Cook till tender the apples with raisins and 2 c of water. Sweeten to taste.

### FRUIT DELIGHT

Cut two oranges and a grapefruit. Sweeten with 2 tbsp honey and use as fruit dessert with cocoanut garnish.

(See also chapters 19 and 21)

## CEREALS AS STAPLES

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### ITALIAN RISOTTO

1 c rice	1 tsp salt
2 tbsp butter	3 c water
½ onion	Paprika
1 c tomato liquor	⅓ c Parmesan cheese grated

Cook all save cheese in double boiler. When ready to serve, sprinkle on the cheese.

### SPANISH RICE

2 c cooked rice	2 c tomatoes, from can
¾ c cheese	1 c bread crumbs
1 tsp salt	1 chopped pimento if desired

Bake with seasoned crumbs for top layer. (2 tbsp savory drippings may be added.)

### SAVORY RICE

1 c rice	3 c water	1 c tomato liquor
----------	-----------	-------------------

Cook in double boiler. When rice has taken up the liquid add

2 tbsp oleo	¼ grated cheese
¾ c chopped, cooked carrots	¼ tsp chopped parsley
1 tsp salt	

Serve at once, or place in oven with crumbs on top and brown.

### VIRGINIA SAMP

½ c samp	2½ c boiling water
----------	--------------------

Cook slowly for 30 minutes then put over hot water and cook slowly at least five hours or put in fireless cooker. Add

1 c tomato sauce	½ c cut boiled carrots
½ tsp salt	½ tsp parsley



### SAMP WITH CHEESE

$\frac{1}{2}$  c samp cooked in 2 c water till tender  
2 tbsp fat                      2 tbsp cornstarch  
1 c milk                              1 pimento  
1 tsp salt                             $\frac{1}{2}$  c chopped cheese

Make cheese sauce and pour over samp in baking dish. Bake 10 minutes to slightly brown top.

### BAKED SAMP

2 c boiled samp                      1 c grated cheese  
1 tbsp butter substitute             $\frac{1}{2}$  c milk  
 $\frac{1}{4}$  tsp paprika                      1 tsp salt                      crumbs

Arrange samp, cheese and seasoning in alternate layers. Add milk, put crumbs on top, bake 20 ms.

### RICE FONDUE

1 c boiled rice                       $\frac{1}{2}$  tsp salt  
1 c cheese cut in small pieces    2 egg whites  
2 egg yolks                      1 c bread crumbs                       $\frac{1}{2}$  c milk

Mix and bake 20 minutes.

NOTE.—Hominy may be used in any of above recipes instead of rice or samp.

## RELEASE FATS ESPECIALLY BUTTER

### COMMERCIAL OILS

- (a) Corn Products
- (b) Cottonseed Products
- (c) Olive Oil

### COMMERCIAL FATS OR SUBSTITUTES

- (a) Oleomargarine and nut margarine
- (b) Vegetable Products
- (c) Animal Products
- (d) Peanut Butter

### HOME PRODUCTS

- (a) Beef Suet
- (b) Cod Fat
- (c) Chicken Fat
- (d) Bacon Drippings or Home-made Savory Fats
- (e) Ham Fat
- (f) Lamb Fat

(See chapter 25)

## SOUPS

### CORN CHOWDER

- |                                                                     |                      |
|---------------------------------------------------------------------|----------------------|
| 2 c corn                                                            | 1 c milk             |
| 2 c water (in which vegetables or rice has been cooked, if on hand) | 2 tbsp chopped onion |
| 1 c potato cubes                                                    | 1 tsp salt           |
| $\frac{1}{8}$ tsp pepper                                            | 4 tbsp flour         |
| 2 tsp fat                                                           |                      |

Sprinkle with chopped parsley.

### OATMEAL SOUP

- |                               |                                |
|-------------------------------|--------------------------------|
| $\frac{3}{4}$ c canned tomato | 2 $\frac{1}{2}$ c water        |
| 1 slice onion                 | $\frac{3}{4}$ tsp sugar        |
| $\frac{1}{2}$ tsp salt        | $\frac{1}{2}$ c cooked oatmeal |

Cook all in double boiler on back of range. Thin with water to soup consistency before serving if necessary. May be strained for children.

### CREAM SAGO SOUP

One half cup sago, soaked 3 hours in lukewarm water to cover. Add 1 c boiling water, simmer in double boiler till soft. Next, add

2 tbsp fat	2 tbsp flour
3 c hot milk	Pepper
Celery salt	Onion juice

Beat 2 minutes and add 2 beaten eggs. Stir and blend for 2 minutes more and serve.

### ENGLISH STEW WITH BARLEY

1 lb mutton	2 onions
4 potatoes sliced	$\frac{1}{2}$ c pearl barley
2 tsp salt	1 tsp chopped parsley

Cut meat in small pieces and brown with onions in fat from meat. Add barley and 2 qts cold water. Simmer in covered dish  $1\frac{1}{2}$  hrs. Add potatoes and cook until potatoes are soft.

### BEAN SOUP

1 c dried beans	2 qts water
1 tsp salt	Speck pepper
1 small onion	$\frac{1}{2}$ carrot sliced
$1\frac{1}{2}$ tbsp fat	Pinch mace

Fry onion in fat. Add carrot. (Soak beans over night.) Simmer in covered kettle 3 hours. Rub through colander and serve.

### BARLEY SOUP WITH STOCK

3 c white stock	$\frac{1}{4}$ c barley or sago
1 c milk	1 tsp salt      Speck pepper

Soak grain 1 hour and simmer  $1\frac{1}{2}$  hours in stock, Combine all and simmer 10 minutes over water.

### PEANUT BUTTER SOUP

3 c milk	1 c water
6 tbsp peanut butter	$2\frac{1}{2}$ tbsp corn starch
1 tsp salt	Speck pepper      Onion juice

Cook in double boiler 15 minutes.

## VEGETABLES

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### POTATO TIMBALES

2 c mashed potato	2 eggs
½ c milk	Salt, pepper
2 tbsp fat	Parsley

Fill greased cups and bake.

### STUFFED TOMATOES

Cut a slice from each tomato, remove the centre, mix with bread crumbs and seasonings. Fill the tomato cases and bake about fifteen minutes.

To make more tasty add chopped chicken, ham or green pepper with the crumbs.

### STUFFED BAKED POTATOES

Clean and bake 3 good sized potatoes then cut in halves lengthwise and remove centres. Refill with minced meat and bread crumbs; equal parts, well seasoned. Border with the potato mashed and seasoned with nut margarine, salt, pepper and parsley.

### CORN IN RAMEKINS

2 tbsp flour	2 tbsp butter
1 c milk	1 c corn
1 tsp salt	Pepper

Cracker crumbs

Sauce rule and crumbs on top. Bake. Peas may be used in place of corn.

### ESCALLOPED POTATOES WITH CHEESE

1 c milk	2 tbsp fat
1 tbsp flour	1 tsp salt
2 c cold potato cubes	1 c cheese

Cracker crumbs

Make milk sauce. Arrange potatoes, cheese and sauce in layers and bake with crumbs for top layer.

### STUFFED ONIONS

Peel Spanish onions. Let cook one hour. Cool a little, cut out a piece two inches around root end. Chop one cup of nut meats, mix with one cup of bread crumbs, one quarter cup of drippings, one-half teaspoon salt, one egg, one teaspoonful parsley, and fill the onions. Bake forty minutes basting occasionally with one cup liquid from the pan.

### STUFFED PEPPER CASES

1 c tuna	$\frac{1}{2}$ c bread crumbs
2 eggs	$\frac{1}{2}$ c sweet milk
1 tbsps melted fat	$\frac{1}{2}$ tsp salt
	4 sweet peppers

Cut top from peppers or in halves, lengthwise and remove seeds. Parboil in quart of water with one-fourth teaspoon soda. Stuff and bake in hot oven fifteen minutes. Top may be covered with bread crumbs. One cup of canned corn, mushrooms, rice, or other fish may be used in place of tuna for variety.

### BAKED SQUASH

Cut squash in pieces, remove seeds and stringy portions, arrange in pan and bake. When almost soft, sprinkle with salt and grated cheese. Serve in shell.

### CELERY AU GRATIN

1 pt cooked celery	$\frac{3}{4}$ c grated cheese
1 pt white sauce	1 c cracker crumbs

Cut and cook celery. Put in layers in baking dish with cracker crumbs on the top. Season and bake.

### SQUASH CUSTARDS

2 c mashed squash	2 c milk
2 eggs	$\frac{1}{2}$ c brown sugar
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{16}$ tsp salt
	1 tbsps cooking oil

One tsp each grated lemon and orange peel may be added. Prepare as baked custards.

### TOMATO CAKES

- |                        |                              |
|------------------------|------------------------------|
| 1 c bread crumbs       | 1 egg                        |
| 1 c tomato liquor      | $\frac{1}{2}$ c solid tomato |
| 1 tbsp fat             | $\frac{1}{2}$ tsp salt       |
| $\frac{1}{4}$ tsp salt | 2 tsp baking powder          |
- Flour to make batter.

Small amount of flour needed and it varies according to moisture in tomatoes. Fry as griddle cakes.

### BEAN AND TURNIP PUFFS

- |                                            |                                   |
|--------------------------------------------|-----------------------------------|
| 1 medium yellow turnip, cook and mash, add |                                   |
| 1 c. cooked lima beans                     | $\frac{1}{4}$ c double milk sauce |
| 1 egg                                      | Pepper                            |
| 1 tsp salt                                 | 2 tbsp fat                        |

Bake in greased cups.

### VEGETABLE HASH

- |             |              |
|-------------|--------------|
| 1 c cabbage | 1 c beets    |
| 1 c turnips | 3 c potatoes |

Season with salt, pepper and drippings. Moisten with water in which vegetables are cooked. A few carrots may be added.

### LENTIL ROLLS

- |                                  |                           |                |
|----------------------------------|---------------------------|----------------|
| 1 c lentils                      | $\frac{1}{2}$ tsp salt    |                |
| 1 tbsp drippings                 | 1 egg                     |                |
| $\frac{1}{2}$ tbsp chopped onion | $\frac{1}{4}$ tsp paprika | 1 tbsp ketchup |

Soak, and cook lentils until tender, drain and put through meat chopper. Combine ingredients. Roll in balls, brown in oven and serve with tomato sauce.

### CORN AND POTATO LOAF

- |                   |             |
|-------------------|-------------|
| 2 c corn          | 2 tsp salt  |
| 4 mashed potatoes | 1 egg       |
| 2 tbsp drippings  | Onion juice |

Bake 30 ms. and serve with milk sauce.

### LADY CABBAGE

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 tbsp butter substitute | 1 tsp flour                          |
| 1 tsp salt               | Speck pepper                         |
| 1 c milk                 | $2\frac{1}{2}$ or 3 c cooked cabbage |

Make thin milk sauce, add cabbage. Simmer 5 ms.

## ENTREES

---

Use left-overs and make dishes to be used as main dish for luncheon or supper.

### CREAMED POTATOES

2 tbsp butter                      2 tbsp flour  
1 tsp salt                          1 c milk                      2 c potato cubes

Melt butter, add flour, then the milk and when at the boiling point the potato which should be cold left over, cooked potato.

### TOMATO TOAST

2 tbsp butter                      4 tbsp flour  
1 tsp salt                          1 c tomato liquor  
 $\frac{1}{2}$  c water                           $\frac{1}{2}$  c milk                      Speck soda

Melt the butter, add flour, then tomato and water. When at the boiling point add the soda and milk. Into cream tomato sauce put toasted bread.

### CELERY TOAST

3 tbsp cooking oil                4 tbsp flour  
1 c milk                              1 c celery liquor  
1 c cooked celery                1 tsp salt

Cut the coarser stalks of celery and cook slightly in salted water. Pour over toasted bread.

### PEANUT BUTTER AND SPAGHETTI

3 c hot boiled spaghetti         $\frac{3}{4}$  c peanut butter  
 $\frac{3}{4}$  c bread crumbs                 $1\frac{1}{2}$  c milk

Mix and fill baking dish, cover with crumbs and brown. Serve with tomato sauce. Vary the milk according to the dryness of the crumbs. Season.

### CORN FRITTERS

1 c canned corn                     $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  c flour                              1 egg                      1 tsp baking powder

Beat egg separately. Fry on hot griddle greased with corn oil or drippings.

## MEAT AND FISH SAUCES

---

### MILK SAUCE

2 tbsp fat	2 tbsp flour
1 c milk	$\frac{1}{2}$ tsp salt
	Pepper

Melt fat, blend in flour, add milk gradually, stir till thick and smooth. Vary by adding  $\frac{1}{3}$  c chopped shrimp,  $\frac{1}{3}$  c chopped cheese or 2 hard-cooked eggs.

### SOUBISE SAUCE

Two small onions, cut in small pieces and cooked.

2 tbsp fat	2 tbsp flour
$\frac{1}{2}$ c milk	$\frac{1}{2}$ c water in which onions were
$\frac{1}{2}$ tsp salt	cooked
	Pepper

### TOMATO SAUCE

2 tbsp fat	2 tbsp flour
1 c tomato liquor	$\frac{1}{2}$ tsp salt
	Pepper

### CREAM TOMATO SAUCE

2 tbsp fat	2 tbsp flour
$\frac{1}{2}$ c milk	$\frac{1}{2}$ tsp salt

Add before serving  $\frac{1}{2}$  c tomato liquor with spk. soda.

### KETCHUP SAUCE

2 tbsp fat	2 tbsp flour
$\frac{1}{4}$ c ketchup	$\frac{3}{4}$ c water

### CELERY SAUCE

2 tbsp fat	2 tbsp flour
$\frac{3}{4}$ c celery liquor	$\frac{1}{4}$ c milk
$\frac{1}{4}$ c cooked celery	$\frac{1}{2}$ tsp salt

Celery liquor is water in which celery is simmered.

NOTE.—For thickening purposes use same amount of barley flour or half the amount of cornstarch instead of measure of white flour.



## SALADS AND SALAD DRESSINGS

---

### CREAM SALAD DRESSING

4 tbsp cooking oil	1 tbsp flour
1 tsp salt	1 tsp mustard
$\frac{1}{8}$ tsp pepper	2 tsp sugar
1 c milk	1 egg
	$\frac{1}{2}$ c vinegar

Cook in double boiler.

### MAYONNAISE DRESSING

$\frac{1}{2}$ tsp mustard	2 tsp sugar
$\frac{1}{2}$ tsp salt	Cayenne
2 yolks	$1\frac{1}{3}$ c cooking oil
2 tbsp vinegar	2 tbsp lemon juice

Mix first four ingredients, add to yolks, then add oil slowly till half is used. Alternate with acids and lastly fold in stiff whites of eggs if desired. One cup cooking or salad oil and  $\frac{1}{3}$  c olive oil may be used and gives good results.

### BAKED BANANA SALAD

2 tbsp Knox gelatine	$\frac{1}{2}$ c cold water
1 c boiling water	Pulp of 2 baked bananas
$\frac{1}{4}$ c lemon juice	3 tbsp sugar

Mold in small cups. Turn out onto lettuce leaves and serve with mayonnaise and nut meats.

### FRUIT SALADS

- No. 1. Peaches, cream cheese and cherries.
- No. 2. Pineapple, cream cheese and nuts.
- No. 3. Apple, celery, raisins, and marshmallows.

Use on green bed with cream or mayonnaise dressing.

### TOMATO JELLY

1 tbsp Knox gelatine                       $\frac{1}{2}$  c cold water  
1  $\frac{1}{2}$  c seasoned tomato liquor or left over soup

Mold in small cups. Serve with lettuce and dressing as a salad or slice and serve as a sandwich filling with bread spread with cream cheese. Chopped hard cooked eggs or celery may be added.

### INDIVIDUAL CREAM CHICKEN SALAD

(Individual Serving)

$\frac{1}{8}$  tsp Knox gelatine                       $\frac{3}{4}$  tsp lemon juice  
1 tsp boiling water                      1  $\frac{1}{2}$  tbsp thick cream  
3 tbsp cold chicken cut in cubes  
 $\frac{1}{2}$  tsp chopped parsley                      Speck pepper

Soak gelatine in lemon juice and dissolve in boiling water. Whip cream and combine all ingredients.

### INDIAN SALAD

A. 1 envelope Knox gelatine                       $\frac{1}{2}$  c cold water  
2  $\frac{1}{2}$  c boiling water                       $\frac{1}{4}$  c lemon juice  
 $\frac{3}{4}$  c sugar

B.  $\frac{1}{4}$  c cocoanut                      2 cored and chopped apples  
2 c chopped celery                      3 pimentos  
1 tbsp chopped onion                       $\frac{1}{3}$  tsp salt

Make lemon jelly of A. Use half of it in small moulds. When firm, add B. and then the rest of A. When firm, unmold and serve on lettuce with dressing and cocoanut garnish.

## CAKES

### WAR CAKE

2 c sugar (white or brown)	2 c water
2 tsp fat	1 box raisins
Boil 5 minutes. Cool and add	
3 c flour	2 tsp baking powder
2 tsp cinnamon	$\frac{1}{2}$ tsp clove
$\frac{1}{2}$ tsp allspice	1 tsp salt
	$\frac{1}{2}$ tsp soda

Bake one hour. Two loaves.

### WAR CAKE (Sugarless)

1 c molasses	1 c corn syrup
1 box raisins	2 tbsp fat
Boil 5 minutes. Cool and add.	
2 c white flour	1 c barley flour or ground oatmeal
2 tsp cinnamon	$\frac{1}{2}$ tsp clove
$\frac{1}{2}$ tsp allspice	1 tsp salt
$\frac{1}{2}$ tsp soda	2 tsp baking powder

### AUNT BETSY CAKE

$\frac{1}{4}$ c shortening	1 c molasses
1 c raisins	$\frac{1}{2}$ tsp cinnamon
$\frac{1}{8}$ tsp clove	$\frac{1}{8}$ tsp allspice
$\frac{1}{8}$ tsp nutmeg	1 tsp salt
3 tsp baking powder	$2\frac{1}{2}$ c dark flour
	$\frac{1}{4}$ c water

One egg may be added. Figs or dates, instead of raisins.

### MOCHA CAKE

1 tbsp shortening	$\frac{1}{4}$ tsp salt
$\frac{3}{4}$ c sugar	$\frac{1}{2}$ tsp vanilla
1 egg	2 c flour
$\frac{3}{4}$ c milk	2 tsp baking powder
	$1\frac{1}{2}$ oz chocolate

Bake in muffin pan or as loaf cake.

### FRUIT LAYER CAKE

$\frac{1}{3}$  c sugar  
2 tbsps fat  
2 tsp baking powder

1 egg  
 $1\frac{1}{2}$  c flour  
 $\frac{1}{2}$  c milk

Bake in round pan. Cut and use with

#### Filling

$\frac{1}{4}$  lb figs  
 $\frac{1}{2}$  c nut meats

$\frac{1}{2}$  lb dates  
Water to moisten

Cook in double boiler till paste is formed. Add 2 tbsps lemon juice.

### OATMEAL CAKE

1 egg  
1 c white flour  
3 tsp baking powder

$\frac{1}{2}$  c milk  
 $\frac{3}{4}$  c molasses or syrup  
 $\frac{1}{4}$  c fat or cooking oil  
 $\frac{1}{2}$  c ground oatmeal  
Spices

Raisins, dates, figs or prunes ( $\frac{1}{2}$  c) may be added.

### APPLE SAUCE CAKE

1 c brown sugar  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{2}$  tsp clove  
Grating nutmeg  
1 c thick, unsweetened apple sauce  
 $1\frac{1}{2}$  tsp soda

$\frac{1}{2}$  c clarified beef drippings  
1 tsp cinnamon  
 $\frac{1}{2}$  tsp allspice  
1 c raisins  
1 c flour

Mix soda with sauce, blend all ingredients in given order. Add more flour — generally 1 c to make good cake batter, depending on sauce used. Bake in moderate oven 50 minutes.

### SPONGE GINGERBREAD

$\frac{1}{2}$  c milk  
1 tbsps drippings  
1 tsp ginger  
 $\frac{3}{4}$  tsp soda

$\frac{1}{2}$  c molasses  
 $\frac{1}{2}$  c sugar  
 $\frac{1}{2}$  tsp cinnamon  
2 c flour

Make one loaf or 12 in muffin tins.

May be served as dessert with sliced bananas.

### CHEESE GINGERBREAD

1 c molasses  
 $\frac{1}{3}$  c cheese cut in small pieces  
 $\frac{1}{2}$  c water  
2 c barley flour

$\frac{1}{2}$  tsp salt  
1 tsp soda  
 $\frac{1}{2}$  tsp ginger

Heat molasses and cheese in double boiler. When cheese is melted remove from fire. Add other ingredients. Bake 15 minutes in muffin tins.

### BARLEY SPONGE CAKE

4 eggs  
 $\frac{1}{8}$  tsp salt  
3 tbs cold water

1 c sugar  
1 c barley flour  
 $1\frac{1}{4}$  tsp baking powder  
1 tsp extract lemon

### CHOCOLATE CAKE

$\frac{1}{4}$  c oleomargarine  
 $\frac{1}{2}$  c corn syrup  
2 eggs  
3 tsp baking powder  
1 tsp vanilla

$\frac{1}{2}$  c sugar  
2 oz chocolate  
1 c mashed potato  
 $\frac{1}{2}$  tsp salt  
 $1\frac{1}{8}$  c barley flour

Chocolate may be omitted. Bake as loaf or in muffin tins.

NOTES:—For cakes, also conserve wheat flour and sugar as well as fats. In usual recipe use.

1. 1 c mashed potato for  $\frac{1}{2}$  c flour and  $\frac{1}{2}$  c milk.
2. Use barley flour, rice flour, oat flour or potato flour for at least thirty to fifty percent for white flour.
3. Use  $\frac{1}{2}$  c sugar and  $\frac{1}{2}$  c corn syrup for 1 c sugar.

### HOME-MADE BAKING POWDER

1 c soda  
1 c cornstarch  
2 c cream of tartar

Mix and sift these three ingredients eight to ten times and one quart of reliable home-made baking powder will result.

## RELEASE SUGAR

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Use one-half normal consumption, use at the rate of 3 lbs. per person per month. Food Administration.

Molasses, honey, maple products, corn syrup, commercially combined syrups, rock candy syrup and jams or sweet spreads furnish substitutions. By cooking properly, often the natural sugar in fruits can be used as a means of cane sugar conservation.

Dark corn syrups are molasses substitutes and white syrups sugar substitutes.

## DESSERTS

### HONEY SOFT CUSTARD

2 c milk  
2 yolks

$\frac{1}{3}$  c honey  
 $\frac{1}{8}$  tsp salt

Use two eggs when whites are not needed for another receipt. Use as desserts with chopped nut garnish, as sauce for puddings or poured over sliced fruit.

### HONEY BREAD PUDDING

1 c bread crumbs  
 $\frac{1}{3}$  c AirlinE honey  
 $\frac{1}{4}$  tsp salt

1 pt milk  
2 yolks  
2 tbsp oleo

$\frac{1}{2}$  c nut meats

The meats may be omitted. Raisins may be added. If the honey flavor is not desired, add spices. Meringue 2 whites beaten and sweetened with 1 tbsp honey.

### RASPBERRY SAMP

$\frac{1}{2}$  c samp  
 $2\frac{1}{2}$  c milk or part water

Boil till liquid is taken up by samp which requires long, slow cooking. Add one tbsp oleo, one tsp butter, just as served; one-half tsp salt, one-half c rich jam or one-half c maple syrup for maple samp.

### CHOCOLATE PUDDING

1 c bread crumbs	2 c milk
$\frac{1}{3}$ c sugar	1 egg
2 oz. sweetened chocolate	
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ tsp vanilla

If unsweetened chocolate is used  $\frac{1}{3}$  c more sugar is needed. Blend 10 minutes in double boiler. Bake 20 minutes.

### MAPLE BLANC MANGE

5 tbspcorn starch	$1\frac{1}{4}$ c maple syrup
$\frac{1}{4}$ tsp salt	1 qt. scalding milk

Cook 20 minutes. Mold and serve with top milk or cream.

### FRUIT CORNSTARCH PUDDING

1 c fruit syrup	1 c milk
$\frac{1}{4}$ tsp salt	4 tbspcornstarch
	1 egg if desired

If peach is used the slices may be placed in moistened dish and pudding poured in and cooled. Smaller fruit may be stirred into mixture.

### MAPLE CUSTARDS

4 eggs	4 c milk
$\frac{1}{2}$ c maple syrup	$\frac{1}{4}$ tsp salt
	Grating nutmeg

Bake in custard cups in moderate oven about 20 minutes.

### HONEY CUSTARDS

In above custard use  $\frac{1}{2}$  c AirlinE honey instead of syrup and add  $\frac{1}{4}$  tsp cinnamon.

### FRUIT SPANISH CREAM

1½ tbsp Knox gelatine	¼ c cold water
¾ c boiling water	½ tsp salt
3 yolks	2 tbsp white corn syrup
2 c scalded milk	1 tsp vanilla
3 whites	¾ c fruit

To gelatine and cold water, add boiling water. Make custard of other ingredients, except whites. Combine all, mold after careful stirring. Dates, figs or prunes may be used.

### COTTAGE PUDDING

2 tbsp shortening	1 egg
2 tbsp honey or ¼ c sugar	1 tsp baking powder
1 c flour	½ c milk
½ tsp salt	Speck nutmeg
	⅛ tsp cinnamon

Serve with honey\* or other pudding sauce.

### TAPIOCA PUDDING

½ c pearl tapioca	2 c water
½ c sugar	½ tsp salt

Soak tapioca several hours. Drain and cook all in double boiler. Before tapioca is transparent add ½ c cooked fruit. Fruit juices can be used for 1 c of water and half the sugar omitted.

### CORN MEAL AND FIG PUDDING

1 c corn meal	4 c milk and water
Cook 20 minutes in double boiler. Cool and add	
2 yolks	1 tsp salt
1 c chopped figs	1 c molasses
2 c milk	2 whites

Mix and bake for 3 hours or cook in fireless cooker 6 hours. Other fruit may be substituted.

### DATE CUSTARD

1 lb dates	1 qt. milk
2 eggs	¼ tsp salt

Simmer dates in milk. Press through colander and add eggs. Bake in cups or use for pie filling,



### APPLE CUSTARD PUDDING

Place 4 slices of bread in baking dish. Cut two pared and cored apples in halves; place on bread and add custard mixture of

2 c milk  
4 tsp AirlinE honey      2 eggs  
                                   $\frac{1}{4}$  tsp salt       $\frac{1}{2}$  tsp cinnamon

Bake till custard is firm and fruit soft.

### NORWEGIAN PRUNE PUDDING

$\frac{3}{4}$  c cooked and finely cut prunes  
 $1\frac{2}{3}$  c water       $2\frac{1}{2}$  tbsp cornstarch  
 $\frac{1}{8}$  tsp salt       $\frac{1}{2}$  c sugar  
1 in. stick cinnamon if desired, cooked with prunes.

Cook in double boiler until thick. Chill and serve cold with custard sauce.

### CHOCOLATE SOUFFLE

2 tbsp fat      3 tbsp flour       $\frac{3}{4}$  c milk  
Cool slightly and add  
 $1\frac{1}{2}$  oz sweetened chocolate      3 yolks  
3 whites      1 tsp vanilla

Bake in cups for twenty minutes.

### PRUNE HONEY PUDDING

$1\frac{1}{2}$  c prunes      1 c milk  
1 c bread crumbs      Juice half lemon  
3 tbsp AirlinE honey      2 tbsp fat  
1 c flour      2 tsp baking powder  
1 tsp salt      Grating nutmeg

Let prunes stand half hour, covered with warm water. Drain, stone and cut. Mix pudding and steam two hours.

### MAPLE WALNUT TAPIOCA

1 pt milk      2 tbsp Minute tapioca  
2 yolks       $\frac{1}{2}$  tsp salt  
 $\frac{2}{3}$  c maple syrup      1 c walnut meats

Heat milk. Stir in tapioca. Cook 15 minutes, add yolks and stir three minutes. Let cool, add syrup and nuts and serve with whipped cream and nut garnish.

### COCOANUT CREAM

2 c milk	2 egg yolks
3 tbsp AirlinE honey	$\frac{1}{2}$ envelope Knox gelatine
$\frac{1}{4}$ c cold water	1 c shredded cocoanut
2 eggs whites	$\frac{1}{4}$ tsp salt
	1 tsp vanilla

Add soaked gelatine to hot custard made with the milk, egg yolks and honey. Fold in other ingredients and chill in mold lined with orange sections if desired.

### HONEY CORNSTARCH PUDDING

2 c milk	3 tbsp honey
$\frac{1}{2}$ tsp salt	4 tbsp cornstarch
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{8}$ tsp nutmeg

Cook in double boiler.

### PINEAPPLE DAINTIES

1 $\frac{1}{2}$ c pineapple syrup	2 tsp gelatine
	1 tbsp lemon juice

Dissolve soaked gelatine in some of boiling syrup. Mould in 4 small cups. Serve with a slice of pineapple first on plate, jelly, which may be tinted pink on top and garnish of cream or marshmallows.

### RICE PUDDING

4 c milk	$\frac{1}{2}$ c rice (uncooked)
$\frac{1}{3}$ c molasses	$\frac{1}{2}$ c tsp cinnamon
1 tbsp fat	$\frac{1}{2}$ tsp salt

Bake as Indian pudding, about 2  $\frac{1}{2}$  to 3 hours. Stir occasionally. One fourth cup sugar or 3 tbsp honey may be used in place of molasses.

### CREAMY RAISIN PUDDING

4 c milk	2 tbsp pearl tapioca
$\frac{1}{2}$ c AirlinE honey	2 tbsp uncooked rice
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ c raisins

Bake in slow oven for 3 hours, stirring occasionally. Serve hot or cold.

### STEAMED SAGO PUDDING

$\frac{1}{4}$ c sago	1 tbsp butter substitute
$\frac{3}{4}$ c potato flour	$\frac{1}{4}$ tsp salt
$\frac{3}{4}$ tsp baking powder	$\frac{3}{4}$ c raisins

Soak sago over night. Steam pudding 2 hrs. Serve with sweet sauce.

### APPLE SAGO

$\frac{1}{2}$ c sago	$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ c sugar	6 apples
3 c hot water	$\frac{1}{4}$ tsp cinnamon

Soak sago 1 hr. in cold water to cover. Cook in the hot water until transparent. Core and pare apples. Place in greased baking dish, add sugar and spice. Pour sago over apples and bake until apples are soft. Serve with milk. One half c. pearl tapioca or  $\frac{1}{3}$  c prepared tapioca may be used in place of sago. Apples may be sliced if desired.

### MAPLE SPONGE

2 c maple sugar	$\frac{1}{2}$ c hot water
1 envelope Knox gelatine	$1\frac{1}{2}$ c cold water
2 stiff egg whites	1 c chopped nut meats

Boil maple sugar and hot water 10 ms, add gelatine soaked in the cold water. When nearly set add egg whites and nuts. Mold and serve with soft custard made with

1 c milk	2 egg yolks
$\frac{1}{4}$ tsp salt	2 tbsp sugar

### COLD RICE PUDDING

$\frac{3}{4}$ tbsp Knox gelatine	$\frac{1}{4}$ c cold water
$\frac{1}{4}$ c boiling water	$\frac{1}{3}$ c cooked rice
$\frac{1}{4}$ c sugar	$\frac{1}{2}$ c nuts or fruits
1 c whipped cream	

Dissolve soaked gelatine in hot water. Use nuts, raisins, figs, prunes or dates or combinations. Mold in small dishes. Milk may be used instead of cream by adding  $\frac{1}{4}$  tbsp more gelatine.

## SWEET SAUCES

### LIQUID SAUCE

1 tbsp oleo  
1 c hot water  
Grated nutmeg

1 tbsp flour  
 $1\frac{1}{2}$  tbsp molasses  
 $\frac{1}{2}$  tsp salt

$\frac{1}{2}$  c sugar

Cook in given order except nutmeg. Boil thoroughly; add nutmeg before serving.

### MAPLE SAUCE

1 c water  
 $\frac{1}{3}$  c maple corn syrup  
 $\frac{1}{4}$  tsp salt

1 tbsp cornstarch  
1 yolk  
1 white

Boil water and cornstarch, pour on to syrup and yolk. Cook slightly, fold in stiff white and serve.

### HONEY SAUCE

In above sauce substitute  $\frac{1}{3}$  c honey for maple corn syrup or maple syrup.

### FRUIT SAUCE

1 c rich fruit syrup

1 tsp arrowroot

Mix arrowroot with  $\frac{1}{4}$  c cold syrup, add to  $\frac{3}{4}$  c hot syrup and when boiling point is reached a clear sauce results. Syrup from canned pineapple, peach, raspberry, strawberry or other fruits may be used,

### MOCK CREAM

1 tbsp cornstarch  
1 c milk

1 tbsp sugar  
1 egg white

1 tsp vanilla

Heat milk in double boiler. Mix sugar and cornstarch. Cook with milk 10 ms and cool. When ready to serve add vanilla and stiff white.

### BROWN SUGAR SAUCE

1 c brown sugar  
 $\frac{1}{4}$  tsp vinegar

$\frac{1}{2}$  c water  
1 tbsp cornstarch

Cook until slightly thickened and use hot or cold.

## WAR-TIME CONFECTIONS

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### POP-CORN BALLS

1 c molasses  
1 tbsp oleo

1 tbsp sugar  
 $\frac{1}{4}$  tsp soda  
 $\frac{1}{2}$  tsp salt

Boil molasses and oleo 3 minutes. Add sugar. Boil till it threads very slightly. Remove, add soda. Pour over 4 quarts pop-corn. Shape. Roll in wax papers.

### MAPLE BALLS

1 c maple syrup

$\frac{1}{2}$  c sugar  
 $\frac{1}{2}$  c cocoanut

Boil until it threads. Pour over 4 qts of corn, as in above recipe.

### POP-CORN SQUARES

Put corn through food-chopper. Add corn ball syrup to hold it together. Roll on greased paper with rolling pin into  $\frac{1}{2}$  in. sheet. When cool, cut in squares

### MAPLE FONDANT

1 lb maple sugar

1 c water

Boil to 238 deg., or till it forms soft ball in cold water. Pour on to a platter. Cool and beat. Used in stuffed dates with nuts or for centres to dip in chocolate.

### FRUIT PASTE

$\frac{1}{2}$  c chopped dates  
 $\frac{1}{4}$  c chopped raisins

$\frac{1}{2}$  c chopped figs  
1 c chopped walnuts

Mix all together and press into oiled pan. Cut and roll caramel in papers or roll into balls, dusting with sugar.

### SALTED PEANUTS

Heat the unroasted, shelled peanuts in a warm oven. Remove the jackets. Plunge in boiling oil. Boil till brown. Dry on brown paper salting as soon as spread on the paper.

### CHOCOLATE CRACKERS

Oyster crackers or cracker fingers dipped in sweetened coating chocolate and hardened, give a confection or sweet cracker to use for a dessert.

### BUTTER SCOTCH

2 c AirlinE Honey	2 tbsp vinegar
2 c brown sugar	$\frac{1}{4}$ tsp soda
3 heaping tsp butter	2 tsp lemon extract

Boil honey, sugar and vinegar until it hardens when dropped into water (270° F.); stir in the soda extract and butter; pour in buttered tins to cool.

### RAISIN AND PEANUT PASTE

1 c raisins	$\frac{1}{2}$ c peanut butter
1 tsp salt	3 tbsp sugar

Wash raisins, put through chopper twice and mix all ingredients. Roll into small balls and dust with mixture of 2 tbsp sugar and 1 tbsp cornstarch.

## PRACTICAL CONSERVATION

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### SOUR MILK RECIPES

Buttermilk with  $\frac{1}{2}$  tsp. shortening for each cup may be substituted for sour milk.

Sour milk should always be beaten with egg beater before measured.

### STEAMED GRAHAM BREAD

3 c graham flour	1 tsp salt
1 c barley flour	1 c molasses
$3\frac{1}{2}$ tsp soda	$2\frac{1}{2}$ c sour milk.

Mix as brown bread. Steam 3 hours at least.

### COTTAGE CHEESE

One qt sour milk. Heat till lukewarm then add 1 qt. warm water. Strain through cheese cloth. When liquid has drained out, moisten the curd with melted oleo or some cream and salt to taste. Shape into balls.

### NUT BREAD

$1\frac{1}{2}$ c sour milk	1 tsp soda
4 c barley flour	1 egg
$\frac{1}{2}$ c sugar	1 tbsp fat
1 c nut meats	$\frac{3}{4}$ tsp salt
	2 tsp baking powder

Bake 45 to 60 ms.

### RAISIN BREAD

1 c entire wheat flour	1 c raisins
$\frac{3}{4}$ c ground oatmeal	1 tsp soda
1 c sour milk	1 tsp. baking powder
	$\frac{1}{2}$ tsp salt

Bake 45 ms.

### GRAHAM MUFFINS

1 c graham	1 c white or barley flour
1 c sour milk	$\frac{3}{4}$ tsp. soda
$\frac{1}{2}$ tsp. salt	1 tbsp shortening
	3 tbsp molasses or sugar

### SOUR MILK GRIDDLE CAKES

2 c sour milk	1 egg
1 tbs sugar	$\frac{1}{2}$ tsp salt
$1\frac{1}{4}$ tsp soda	2 to $2\frac{1}{2}$ c flour

One c wheat flour and 1 c barley flour, or 2 c barley flour may be used. Half buckwheat, also good.

### SOUR MILK GINGERBREAD

1 c molasses	1 c thick sour milk
$\frac{1}{2}$ tsp salt	$1\frac{1}{2}$ tsp soda
$\frac{1}{2}$ tsp cinnamon	1 tsp ginger
	$2\frac{1}{3}$ c flour

Barley flour may be used entirely with fine results.

### SPICE CAKE

$\frac{1}{3}$ c shortening	1 c sugar
1 c sour milk	$\frac{1}{2}$ tsp salt
1 tsp soda	$2\frac{1}{2}$ c flour
$\frac{1}{4}$ tsp clove	1 tsp cinnamon
$\frac{1}{4}$ tsp allspice	Grating nutmeg
	1 c raisins

### BARLEY MOLASSES COOKIES

$\frac{1}{4}$ c shortening	$\frac{1}{4}$ c sugar
$\frac{1}{2}$ c molasses	$\frac{1}{2}$ c sour milk
1 c white flour	$\frac{1}{2}$ c barley flour
1 tsp soda	$\frac{1}{2}$ tsp salt
1 tsp ginger	$\frac{1}{2}$ tsp cinnamon

Drop cookies, to be baked in quick oven.

### SOUR MILK BROWN BREAD

1 c corn meal	1 c ground oatmeal
1 c barley	$\frac{3}{4}$ c molasses
$1\frac{3}{4}$ c sour milk	$\frac{1}{2}$ tsp salt
$\frac{3}{4}$ tsp soda	$\frac{1}{2}$ c raisins

Steam  $2\frac{1}{2}$  hrs. in small molds or 3 hrs. in one mold. Raisins may be omitted.

### SOUR CREAM DRESSING

1 c sour cream	1 tsp sugar
1 tsp lemon juice	Paprika
	$\frac{1}{2}$ tsp salt

Beat cream 5 ms. with wire whisk or egg beater, gradually adding other ingredients. This gives a foamy cream dressing, delicious for cucumbers or lettuce.



## HOW TO RENDER FATS

The trimmings and fats purchased with meats should always be saved and used. The fats obtained in cooking meats, especially chops, sausage and all waste must be utilized.

### TO RENDER FAT:—

To render or "try out" fats, cut in small pieces. Place in a heavy pan in a slow oven and cook several hours. The use of the double boiler on top of range is often recommended and avoids any danger of burning but takes a longer time. When fat is melted and tissues or cracklings are crisp, strain fat through cheese cloth.

To lessen strong flavors fat is rendered with equal parts of water and thus the flavor is washed out. Cool, and allow the fat to harden on top. Remove and reserve for use.

### TO CLARIFY:—

Fresh fats will be clarified as rendered but when not fresh, or very strong, or mixed kinds are used, a few slices of raw potato may be added. The most satisfactory method is to use 1 c skimmed milk to 2 lbs fat in place of the water suggested above.

### BLENDED FATS:—

Often home rendered fats are too hard to be of the best consistency for shortening. Then blending is recommended.

1. Melt 1 c beef or mutton drippings with  $\frac{1}{2}$  c lard or similar commercial fat.

2. Melt 1  $\frac{1}{2}$  c beef or mutton fat with  $\frac{1}{2}$  cooking oil. In either method mix thoroughly and cool, stirring occasionally to avoid separation.

### TO EXTEND FAT FLAVORS:—

When butter substitutes are used in soups, sauces, vegetables or other hot dishes, the characteristic flavor of butter may often be obtained if a small amount is added just before serving.

## HOW TO MAKE SOAP

5 lbs. lukewarm, clarified grease 1 lb can lye  
3 pts cold water  $\frac{1}{4}$  c ammonia  
 $\frac{1}{4}$  c powdered borax  $\frac{1}{2}$  c sal soda

Fats unfit for food or frying purposes may be clarified and used for soap. Dissolve lye and sal soda in cold water over night. When cold, slowly add the melted fat, stirring constantly. Best results are obtained if fat is strained through cheesecloth.

Dissolve borax in  $\frac{1}{3}$  c cold water and add with ammonia to first mixture. Stir until about as thick as molasses, which will be about 20 or 30 minutes. Pour into paste board boxes lined with heavy paper. Cut in pieces before it is two hard and store until well dried. This makes 8 lbs. of soap.

NOTE:—The sal soda makes a more cleansing soap also softens the water and therefore yields more suds. The Ammonia and Borax may be increased to  $\frac{1}{2}$  c each with good results.

## HOW TO PRESERVE EGGS

During April and May, when eggs are reasonable in price, the thrifty housekeeper may preserve them to be used for cooking purposes during the winter months when eggs are double in price.

9 qts. of boiled and cooled water.

1 qt. of water glass.

15 doz. absolutely fresh eggs.

5 gal. jar or crock with tight fitting cover.

Handle eggs carefully to avoid cracking. The liquids should be mixed in this proportion and the eggs may be added from time to time as they are obtained. Eggs may be removed for use at any time.

Water glass or silicate of sodium may be purchased at many grocery stores, some drug stores, and chemical companies.

## COLD PACK CANNING

---

### ADVANTAGES:—

All vegetables, fruits and some meats may be canned by this method satisfactorily; texture, taste and color being preserved. If all materials are in proper condition one is assured that the products will keep.

### GENERAL DIRECTIONS

1. Use well selected products; not over ripe and just gathered if possible.
2. To scald—to dip into boiling water:—using a wire basket or cheese cloth bag.
3. To blanch—to boil for the time directions state.
4. To cold dip—to plunge into cold water:—using wire basket or bag as when scalding.
5. Always fill jars to overflowing with liquid.
6. Boiling or sterilizing outfit must have false bottom to raise jars slightly and avoid breakage. When this is made of wood, never use soft pine.
7. Use enough water in kettle, boiler or outfit to cover jars to the necks.
8. Cover outfit tightly and bring water to the boiling point.
9. Count all cooking times from this point.
10. At the end of boiling periods, remove jars, tighten covers and invert, avoiding drafts till cool. This tests leakage possibilities in jars, rubbers or covers.

## VEGETABLES

### METHOD:—

1. Wash carefully.
2. Scrape, cut or prepare as kind demands.

Examples—Carrots, scraped.

Asparagus or String Beans, cut.  
Peas, shelled.

3. Blanch or scald according to time table.

4. Cold dip.

5. Peel if kind demands.

Examples—Tomatoes and beets.

6. Pack in jars.

7. Fill with cold water and use 1 tsp. salt to each quart.

8. Adjust **new** rubbers, and tops to partially seal. (If spring tops are used place the first clamp in position and leave the second clamp **up** instead of in position to seal tightly. If screw tops, screw down using thumb and little finger only. If lacquered tops,—place in position with clamp provided.

9. Cook in hot water outfit according to time table.

## FRUITS

### METHOD:—

1. Wash carefully.

2. Scald when time table directs.

3. Cold dip, if scalded.

4. Peel if kind demands.

Example—Peaches.

5. Pack in jars.

6. Fill with syrup which has been cooled.

7. Adjust new rubbers and tops to partially seal

8. Cook in hot water outfit according to time table

## TIME TABLE

PRODUCT	Blanch or Scald	Time to Cook	PRODUCT	Blanch or Scald	Time to Cook
Apples (whole)	2 m	20 m	Greens	10 m	1 h
" (sliced)		15 m	Huckleberries		15 m
Asparagus	10 m	1 h	Parsnips	5 m	1½ h
or		3 h	Peaches	2 m	15 m
Beans (string)	10 m	1½ h	Pears	2 m	15 m
or		3 h	Peas	5-10 m	1 h
Beets (small)	5 m	1 h	or		3 h
Blackberries		15 m	Fineapple	5 m	30 m
Blueberries		12 m	Plums	2 m	15 m
Carrots (small)	5 m	1 h	Quince	2 m	40 m
Cherries		15 m	Raspberries		15 m
Corn ; on cob	10 m	4 h	Rhubarb	3 m	1 m
cut		4 h	Squash	5 m	1 h
Crab Apples	2 m	20 m	Strawberries		15 m
Currants		10 m	Tomatoes	2 m	25 m
Gooseberries		18 m	Turnips	5 m	1½ h
Grapes		15 m			

**SIZE OF JAR.** Quart is used in above. In most cases pint cans require practically the same time—a few minutes less with fruits.

## SYRUPS FOR FRUITS

General Rule:—3 parts sugar to 2 parts water.

Thin syrup. Heat the above to boiling point.

Medium syrup. Boil the above 3 minutes.

Thick syrup. Boil the above 6 minutes.

### EXAMPLES:—

Thin syrup—peaches, pears, apples.

Medium syrup—blackberries, raspberries, sweet-cherries.

Thick syrup—gooseberries, currants, sour cherries.

The density of the syrup to be used depends on the taste of the family. Many families prefer medium syrup for all fruits except currants and sour cherries which always require thick syrup.

Some fruits may be canned without sugar using water in place of syrup, the sugar being added to taste when fruit is opened. The flavor is not as good, however as when syrup is used.

## SPECIALS

### CANNED CORN

Cut corn from cobs, scraping out all the milk from cobs. Add water to cover and boil 12 ms. Pack in jars with  $\frac{1}{2}$  tsp. salt and sugar to each quart. Boil the cobs in water to partly cover and use this liquid to fill jars to overflowing. Partially seal jars and cook 1 hour as all cold-pack vegetables.

### TOMATO MINCE MEAT

8 qts green tomatoes	8 qts apples
5 lbs sugar	2 lbs chopped raisins
1 c suet or drippings	3 tbsp salt
1 c vinegar	2 tbsp cinnamon
2 tbsp clove	1 nutmeg

Chop tomatoes, drain, scald for 10 ms. in water to partly cover and drain again. Add apples, dropped, not pared, and all ingredients.

Cook till tomato is about the color of the raisins and the apple is very soft. Put into jars and seal while very hot.

### CRANBERRY SAUCE

1 qt cranberries	2 c water
1 c AirlinE honey	2 tbsp cornstarch
	$\frac{1}{4}$ tsp soda

Put berries, water and soda in saucepan. Bring to boiling point. Pour off this water and add  $\frac{3}{4}$  c fresh boiling water. Cook 10 ms. Strain, reheat, add honey and cornstarch (mixed in  $\frac{1}{4}$  c more cold water.) Cook 15 ms. Remove from range and cool.

## JELLIES AND JAMS

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### APRICOT PRUNE JAM

25 prunes                      25 apricots                      1 c sugar

Cover with cold water. Soak over night. Then cook till very soft. Mash slightly, add sugar, slowly cook till dissolved and quite dry.

### CARROT MARMALADE

2 cooked carrots                      4 c sugar                      2 lemons

Wash and scrape the carrots and cook in boiling water until tender. Drain and put through the meat-chopper. Add the juice and grated rinds of the lemons, and the sugar. Cook slowly about half an hour or until the consistency of marmalade. This quantity will fill six jelly-glasses. It tastes like a fine orange marmalade.

### KARO APPLE JELLY

Juice 2 parts                      Sugar  $1\frac{1}{8}$                       Crystal White Karo  $\frac{3}{8}$

In apple jelly use juice and sugar in the above proportion, instead of equal amount of sugar.

### CRANBERRY JELLY

2 qts cranberries                      1 qt water

Boil ten minutes, and strain in vegetable strainer. Measure and add one-half the measurement of sugar to juice and pulp. Boil ten minutes. Pour into tumblers and add wax when cold and set.

### BAR-LE-DUC CURRANTS

Wash and stem white or red currants. Use equal weights of fruit and strained honey. When honey is hot, add fruit; simmer four hours. Skim out the fruit and put in small tumblers and cook syrup until thick, then fill glasses. Cover when cold with white paper and wax. Fruit may be seeded but this is much work.



### APPLE BUTTER

Slice 4 lemons, cover with water and let stand over night. In morning put into kettle with 8 lbs. apples, pared, cored and sliced. Cook 1 hr. Add 3 lbs. sugar. Cook slowly with frequent stirring  $1\frac{1}{2}$  hrs. or till of proper consistency. Pack while hot into sterilized jars and cook by cold pack method in hot water outfit 10 ms. This last cooking in hot water outfit may be omitted and jars sealed with paraffine, but if followed to assure the keeping and not molding of the butter, it is best.

### APPLE AND CRANBERRY JELLY

1 pk apples

1 qt cranberries

Cook separately till soft with small amount of water. Strain, combine juices and boil 20 ms add  $\frac{1}{2}$  as much more sugar as juice. Boil till it jells.

## DRYING OF FRUITS AND VEGETABLES

As a feature of food conservation the drying of vegetables and fruits is now recommended because large quantities may be stored in a small space and in inexpensive receptacles. Products otherwise wasted may be saved for winter use. This is most practical for the house where a root cellar and vegetable closets are not feasible in which to store fresh winter vegetables.

### THREE METHODS OF DRYING

1. Sun drying.
2. Drying by artificial heat.
3. Drying by air and air-blast, (as an electric fan).

All methods require time and the large water content of the product must be thoroughly dried out, then before using, with a long soaking (12 to 24 hrs) this is replaced.

Sun drying is many times unsatisfactory because of the uncertainty of weather conditions.

Artificial heat drying is satisfactory in an oven in which heat, can be controlled (gas or electric) and the temperature should be 110 degrees F. when work is started, and increased to 140 degrees, **never** over 150.

Product is placed on large baking sheets and time required will vary from 3 to 7 hrs.

Homemade driers or racks with low-wooden sides and fine wire bottoms are often suspended above a wood or coal range and this temperature of 120-140 degrees thus obtained.

Commercial driers may be purchased and their directions followed.

When the third method is employed products are put on trays or racks so placed as to allow good air circulation and with an electric fan the average time required, is about 24 hrs.

Often the methods are combined, and sun and air both used, or, again, partly dried with heat and finished with air method. In all cases complete drying is necessary. To test, place the dried product in jar or box for storage and with it a crisp cracker. After 12 hrs. remove cracker and if not still crisp the presence of moisture is shown and drying must be continued before storing fruit or vegetables.

Shell beans, corn and peas are the vegetables and apples, peaches and berries the fruits most successfully treated by drying methods and most practical in either country or city homes.



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1 cup chopped nuts      1 teaspoon vanilla

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## Honey for Cooking

### PUMPKIN PIES

1 c stewed and sifted pumpkin      1 teaspoon salt  
2-3 cup AirlinE honey      1 teaspoon ginger  
1 egg      1 teaspoon cinnamon  
2 teaspoons flour      1½ cups sweet milk

Blend the pumpkin and honey, beat in the egg, mix the spices, flour, and salt with a little of the milk, and add, and then stir in the rest of the milk. Bake in a crust made of ¼ part cornmeal.

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CAROLYN PUTNAM WEBBER

Teacher of Cookery

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# Dromedary Dates      Cocoanut



## FOR WAR DISHES

Dromedary Dates and Cocoanut combine food value and flavor,

Use them frequently in war-time breads, salads and sugar-saving desserts.

Dromedary War-Time Recipe Book  
Free on Request

THE HILLS BROTHERS CO.  
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